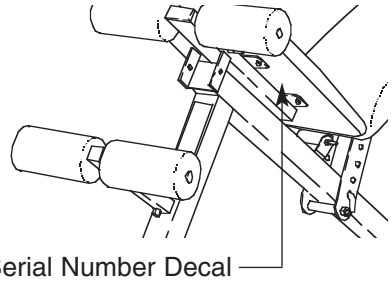
WEIDER 125

Class HC Fitness Product

USER'S MANUAL

Model No. WEEVBE70330
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

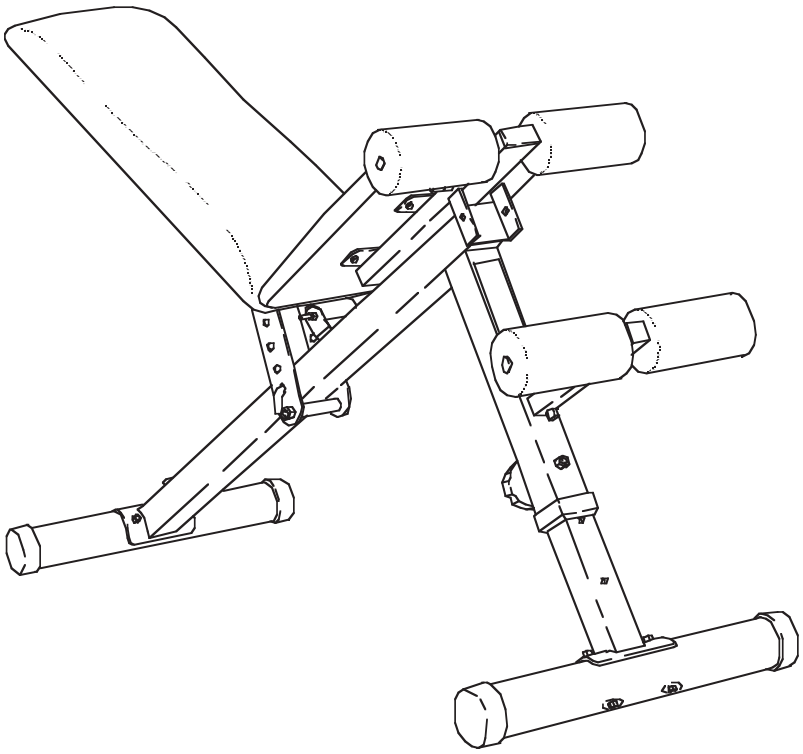
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
email: csuk@iconeurope.com

△CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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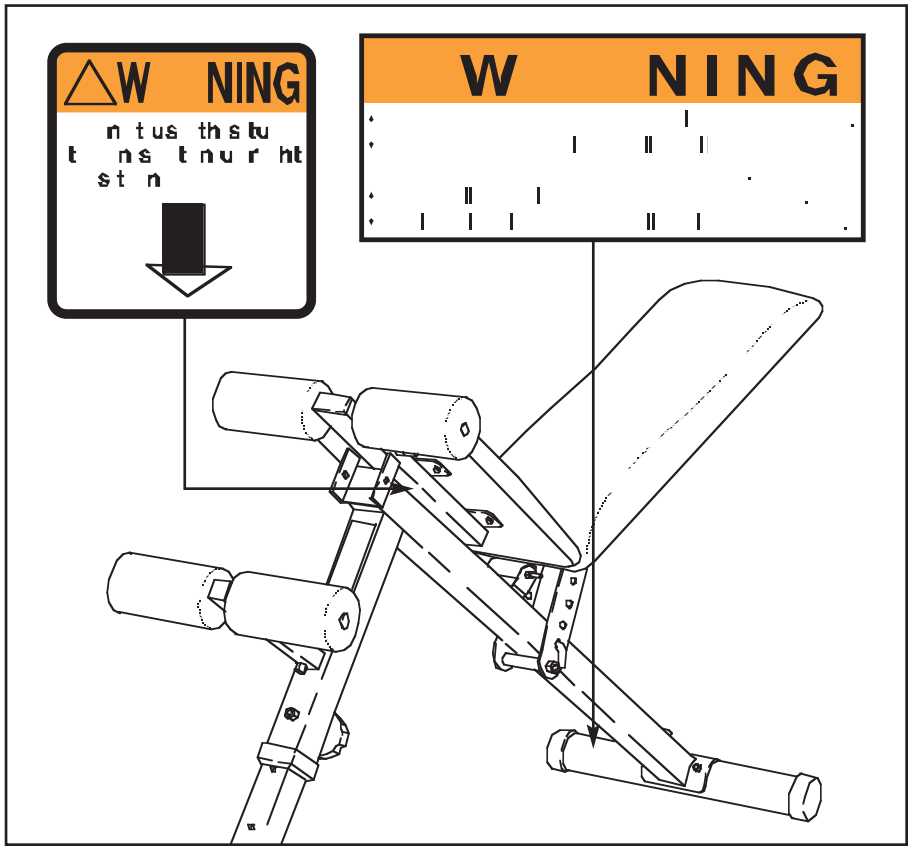
Note: A Part List, an Exploded Drawing, and a Part Identification Chart are attached in the centre of this manual. Remove these pages before beginning assembly.

Warning Decal Placement

The decals shown at the right have been placed on the weight bench. If either of the decals is missing or illegible, please call our Customer Service Department at 08457 089 009 to order a free replacement decal. Apply the replacement decal in the location shown.



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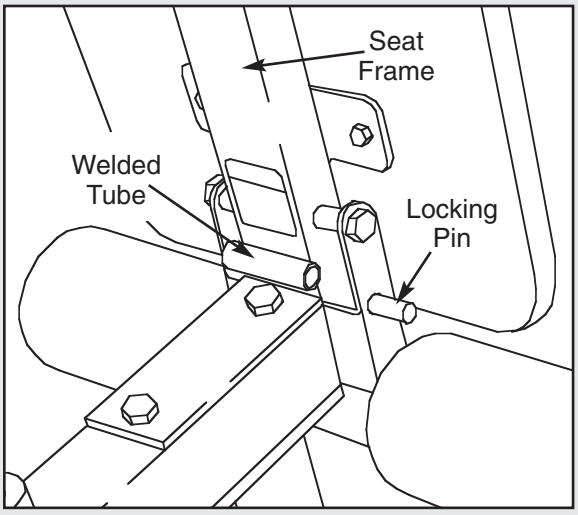
Important Precautions

△WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench.**
2. **Use the weight bench only as described in this manual.**
3. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
5. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental or institutional setting.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **Keep hands and feet away from moving parts.**
9. **Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately.**
10. **The weight bench is designed to support a maximum user weight of 135 kg (300 lbs.), a maximum dumbell weight of 95 kg (210 lbs.), and a maximum total weight of 230 kg (510 lbs.).**
11. **Always make sure that the locking pins are fully inserted and in the proper position for the exercise you are performing.**
12. **When the seat is tilted to the upright position, always insert the locking pin into the hole in the seat frame as shown below. Do not insert the locking pin into the welded tube.**



13. **When the seat is in the lower position, insert the locking pin into the welded tube to prevent the seat from pivoting during exercise.**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

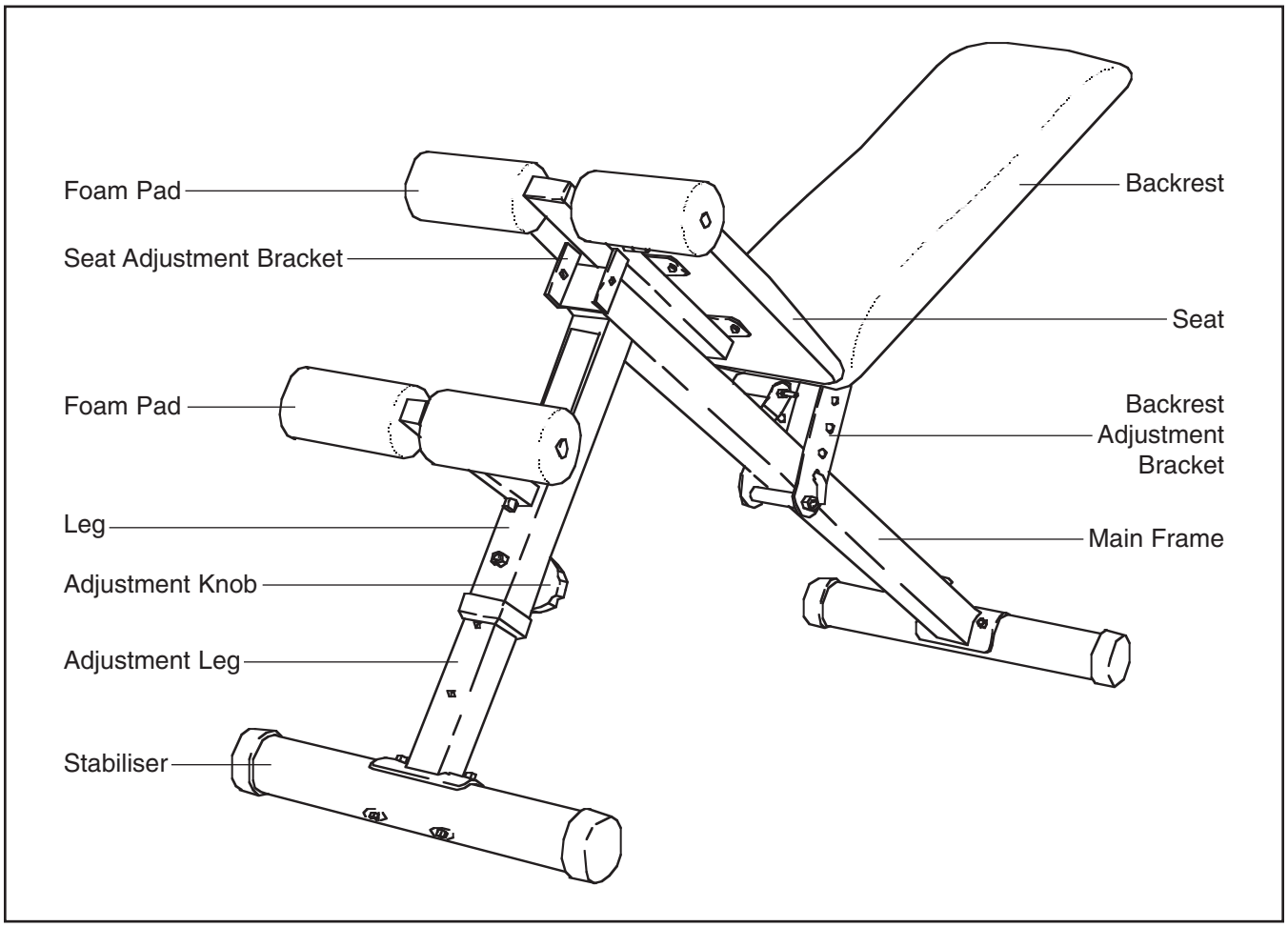
△WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile WEIDER® PRO 125 weight bench. The WEIDER® PRO 125 weight bench is designed to help you develop the major muscle groups of the upper body. Whether your goal is a shapely figure, dramatic muscle size and strength or a healthier cardiovascular system, the PRO 125 weight bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the WEIDER® PRO 125 weight bench. If you have additional questions, please call our Customer Service Department **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEVBE70330. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



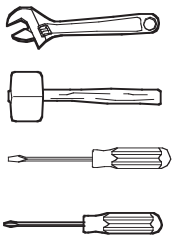
Assembly

Before beginning assembly, carefully read the following information and instructions. If assistance is needed, call 08457 089 009.

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- To identify small parts, use the **Part Identification Chart** in the centre of this manual.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

- **two adjustable spanners**
- **one rubber mallet**
- **one standard screwdriver**
- **one phillips screwdriver**



- **Lubricant, such as grease or petroleum jelly, and soapy water.**

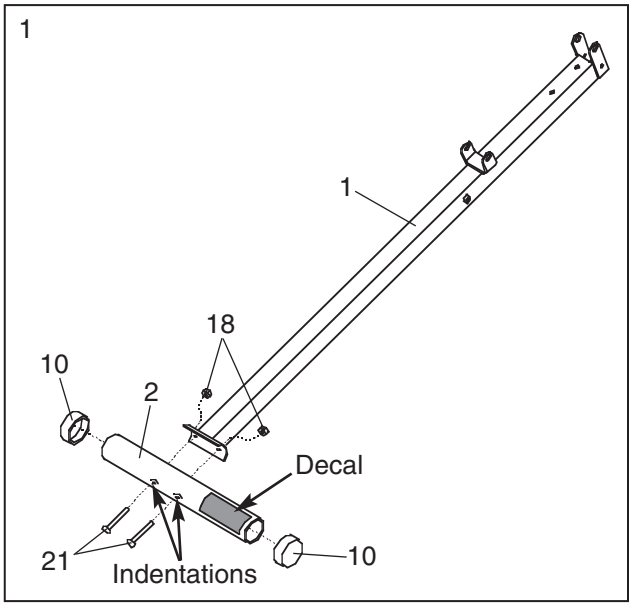
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. **Before assembling this product, make sure that you understand the information in the box above.**

   Orient the Stabiliser (2) with the warning decal as shown. Insert two M10 x 72mm Carriage Bolts (21) through the holes in the Stabiliser so that the bolt heads fit into the indentations.

   Slide the bracket on the Main Frame (1) onto the two M10 x 72mm Carriage Bolts (21) in the Stabiliser (2). Make sure that the Main Frame is turned as shown. Tighten an M10 Nylon Locknut (18) onto each Carriage Bolt.

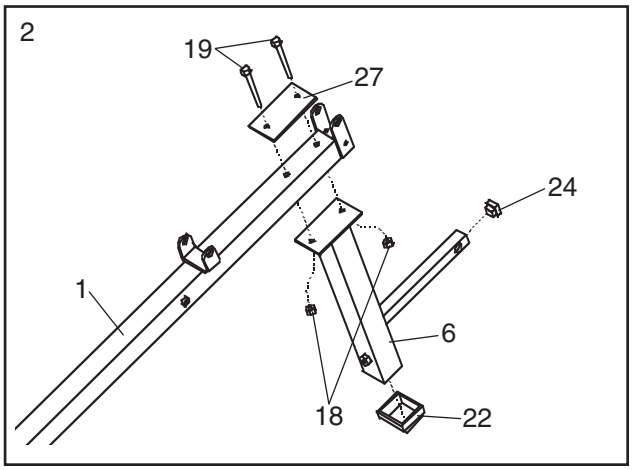
   Press a 60mm Round Endcap (10) onto each end of the Stabiliser (2).



2. Press a Square Bushing (22) onto the lower end of the Leg (6). Press a 25mm Square Inner Cap (24) into the tube on the Leg.

   Insert two M10 x 70mm Bolts (19) through the holes in the Support Plate (27) and then through the indicated holes in the Main Frame (1).

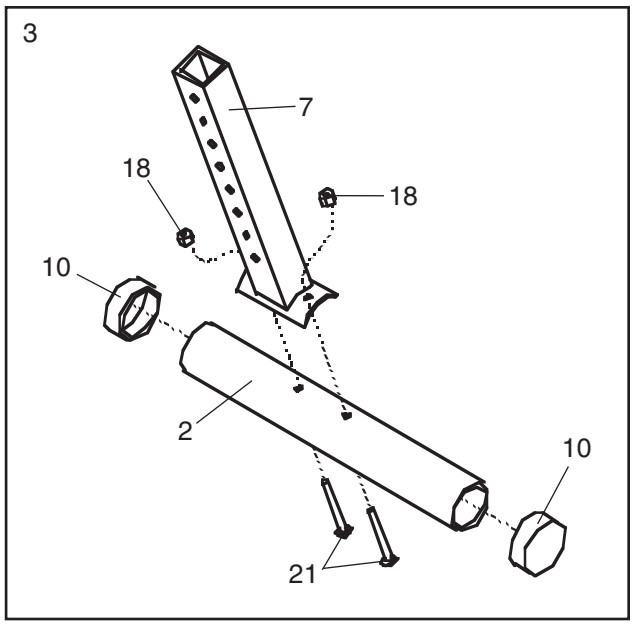
   Slide the bracket on the Leg (6) onto the two M10 x 70mm Bolts (19). Tighten two M10 Nylon Locknuts (18) onto the Bolts.



3. Locate the second Stabiliser (2) and note the indentations around the holes. Insert two M10 x 72mm Carriage Bolts (21) through the holes in the Stabiliser so that the bolt heads fit into the indentations.

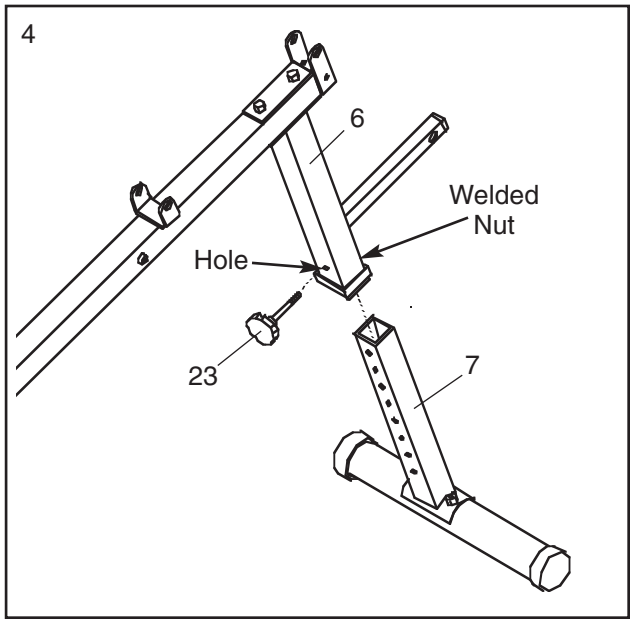
   Slide the bracket on the Adjustment Leg (7) onto the two M10 x 72mm Carriage Bolts (21) in the Stabiliser (2). Tighten an M10 Nylon Locknut (18) onto each Bolt.

   Press a 60mm Round Endcap (10) onto each end of the Stabiliser (2).



4. Slide the Adjustment Leg (7) up into the Leg (6). Line up one of the holes in the Adjustment Leg with the indicated hole in the Leg.

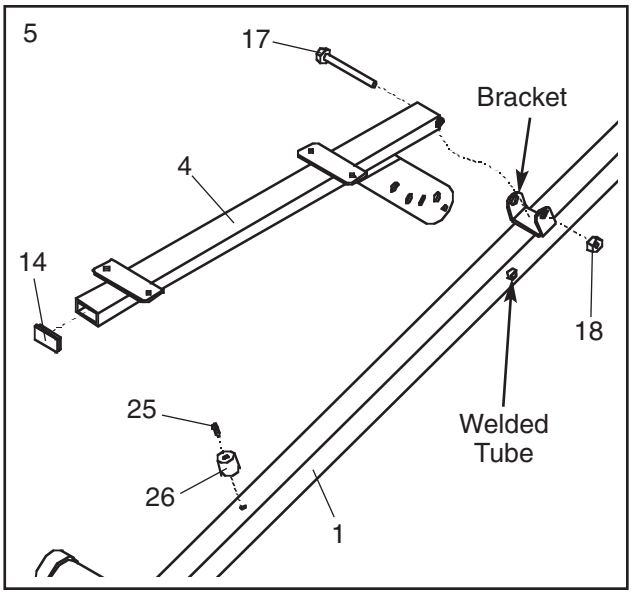
   Insert the Adjustment Knob (23) into the holes in the Leg (6) and the Adjustment Leg (7). Fully tighten the Adjustment Knob into the indicated welded nut.



5. Attach a 30mm x 25mm Bumper (26) to the indicated hole in the Main Frame (1) with a Bumper Screw (25).

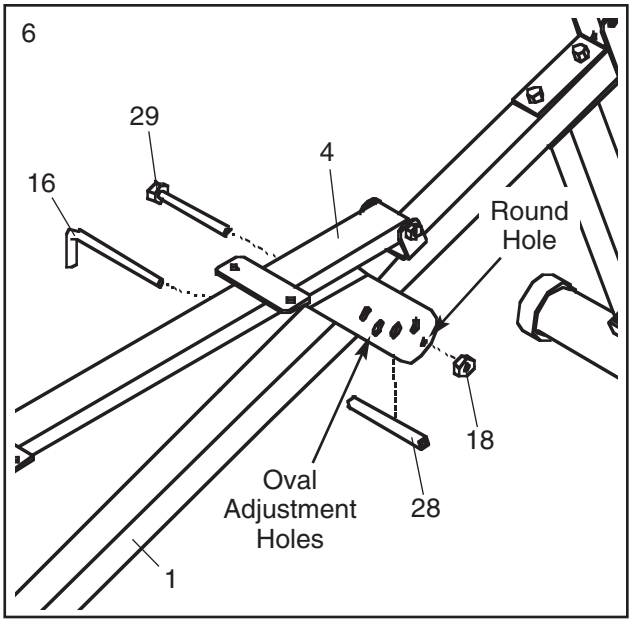
   Press a 25mm x 50mm Inner Cap (14) into the indicated end of the Backrest Frame (4).

   Lubricate an M10 x 80mm Bolt (17) with grease. Hold the opposite end of the Backrest Frame (4) inside the indicated bracket on the Main Frame (1). Attach the Backrest Frame to the Main Frame with the bolt and an M10 Nylon Locknut (18). **Do not overtighten the Nylon Locknut; the Backrest Frame must pivot easily.**

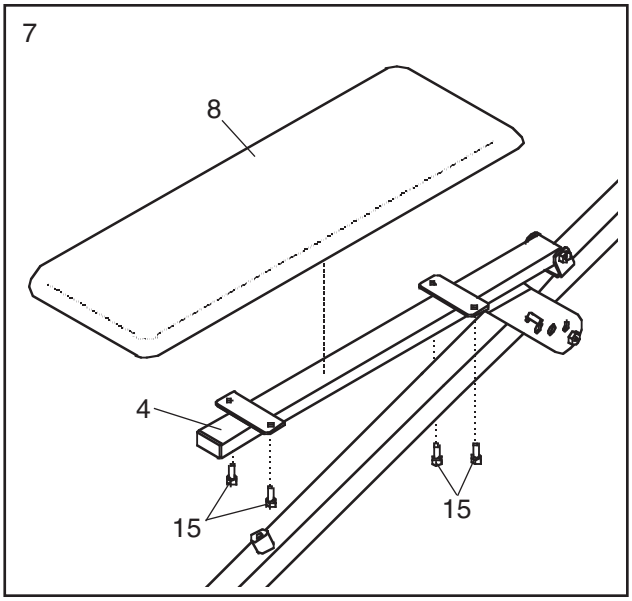


6. **Note that the bracket on the Backrest Frame (4) has four sets of oval holes and one set of round holes.** Hold the 15mm x 10mm x 67mm Spacer (28) between the round holes in the bracket. Insert an M10 x 88mm Bolt (29) through the bracket and the Spacer. Tighten an M10 Nylon Locknut (18) onto the Bolt. **Make sure that the Spacer is under the Main Frame (1).**

   Insert the Locking Pin (16) through one of the four sets of oval holes in the bracket on the Backrest Frame (4) and through the welded tube in the Main Frame (1) **(the welded tube is shown in drawing 5).**



7. Attach the Backrest (8) to the brackets on the Backrest Frame (4) with four M6 x 16mm Screws (15).



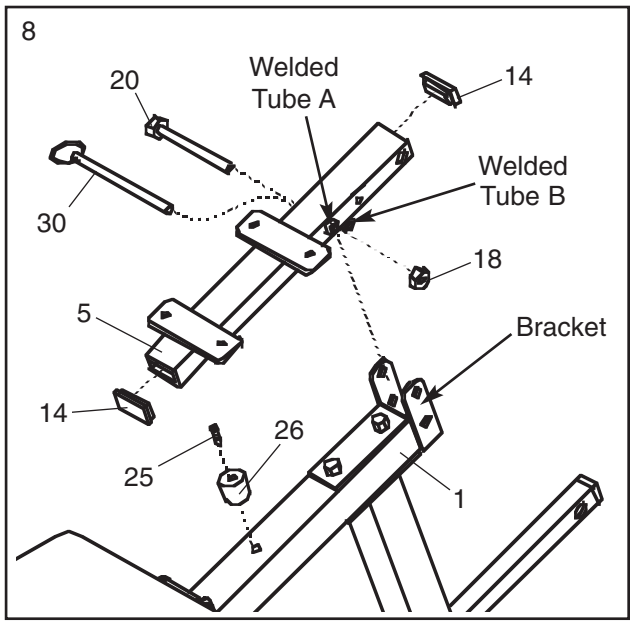
8. Attach a 30mm x 25mm Bumper (26) to the indicated hole in the Main Frame (1) with a Bumper Screw (25).

   Press a 25mm x 50mm Inner Cap (14) into each end of the Seat Frame (5).

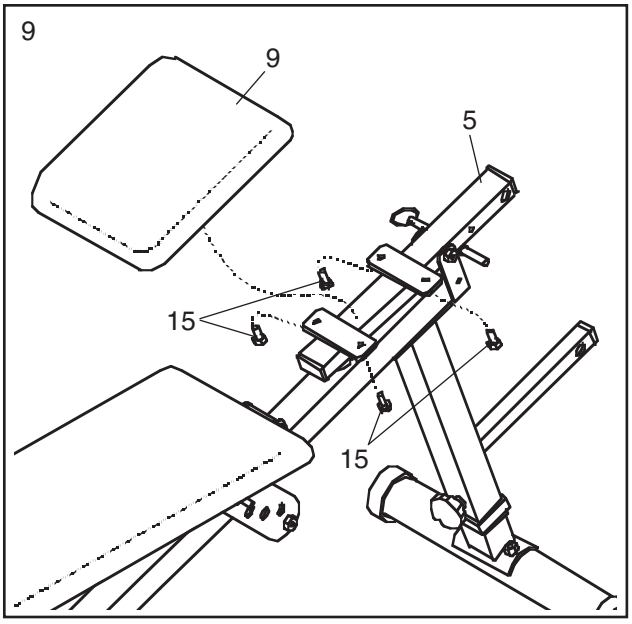
   Note that the Seat Frame (5) has two welded tubes. "tube A" passes through the Seat Frame and "tube B" is welded beneath the Seat Frame. Do not confuse the two tubes in this step.

   Align **tube A** in the Seat Frame (5) with the upper hole in the indicated bracket on the Main Frame (1). Attach the Seat Frame to the Main Frame with the M10 x 95mm Bolt (20) and an M10 Nylon Locknut (18). **Do not overtighten the Nylon Locknut; the Seat Frame must pivot easily.**

   Insert the Locking Pin w/Ring (30) through **tube B** to prevent the Seat Frame (5) from pivoting.



9. Attach the Seat (9) to the brackets on the Seat Frame (5) with four M6 x 16mm Screws (15).

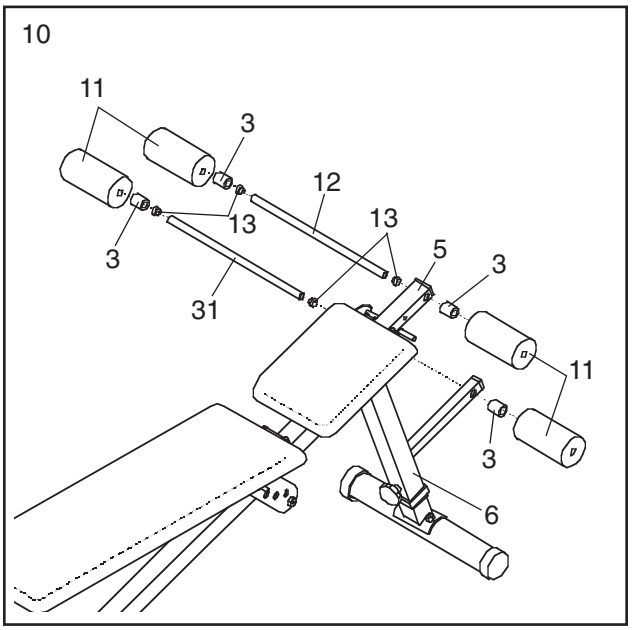


10. Press four 19mm Round Inner Caps (13) into the ends of the Long Pad Tube (12) and the Short Pad Tube (31).

    Slide a Plastic Spacer (3) and a Foam Pad (11) onto one end of the Long Pad Tube (12). Insert the Long Pad Tube into the hole in the Seat Frame (5). Slide a Plastic Spacer and a Foam Pad onto the other end of the Long Pad Tube.

    Attach the Short Pad Tube (31) to the Leg (6) in the same manner.

11. **Make sure that all parts are tightened before you use the weight bench.** Cover the floor beneath the weight bench to protect the floor.



Adjustments

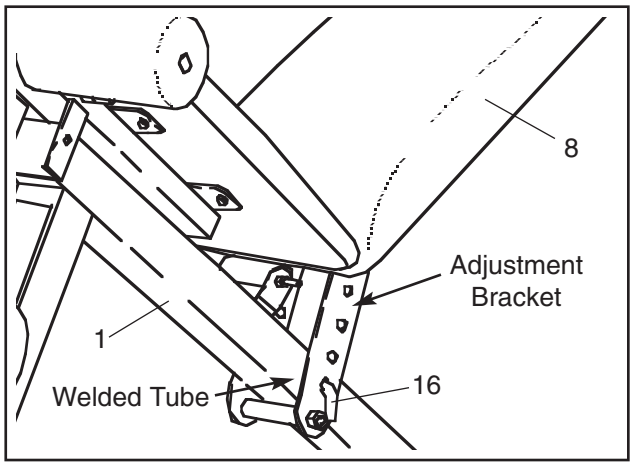
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information on how to get the most benefit from your exercise program.

Inspect and tighten all parts each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

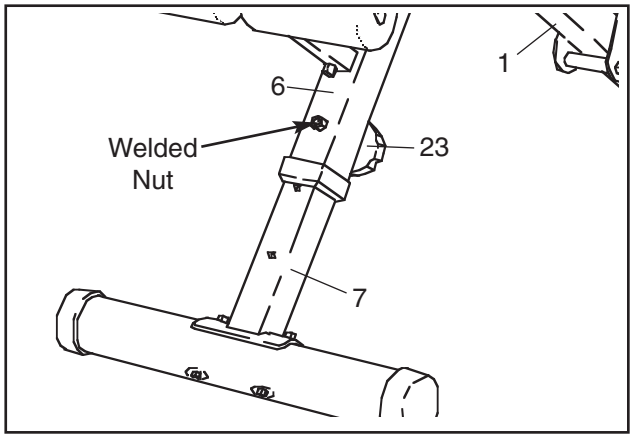
The Backrest (8) can be used in a level position, two inclined positions, and a declined position. To adjust the Backrest to a level position or an inclined position, first remove the Locking Pin (16). Raise or lower the Backrest and insert the Locking Pin through one of the three lower sets of holes in the adjustment bracket and through the welded tube in the Main Frame (1).

To use the Backrest (8) in a declined position, remove the Locking Pin (16), lower the Backrest until it rests on the Main Frame (1), and then re-insert the Locking Pin.



ADJUSTING THE HEIGHT OF THE WEIGHT BENCH

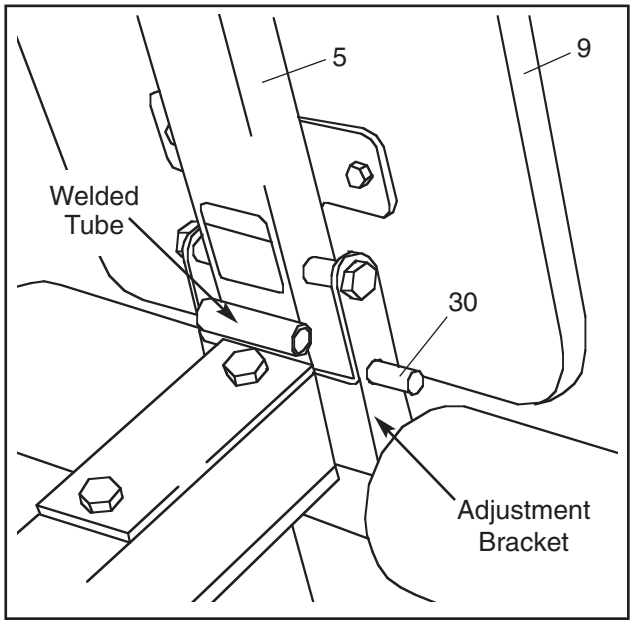
To adjust the height of the weight bench, remove the Adjustment Knob (23) and raise or lower the Main Frame (1) to the desired height. Align the hole in the Leg (6) with one of the holes in the Adjustment Leg (7). Re-insert the Adjustment Knob and tighten it fully into the welded nut.



SETTING UP THE WEIGHT BENCH FOR ROMAN CHAIR EXERCISES

To use the weight bench for roman chair exercises, first raise the Seat Frame (5) to the upright position. Insert the Locking Pin/w Ring (30) through the indicated hole in the adjustment bracket and the hole in the Seat Frame. Adjust the height of the weight bench as described above so the Seat (9) is in a comfortable position.

Note: When the Seat (9) is in the lower position, insert the Locking Pin/w Ring (30) through the welded tube to prevent the Seat from pivoting during exercise.



△ WARNING: When the Seat (9) is tilted to the upright position, always insert the Locking Pin w/Ring (30) into the hole in the Seat Frame (5) as shown. Do not insert the Locking Pin into the welded tube.

Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss
To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

Warming Up

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

Working Out

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

Exercise Form

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

Cooling Down

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

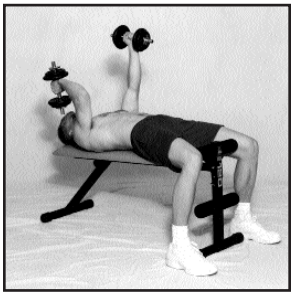
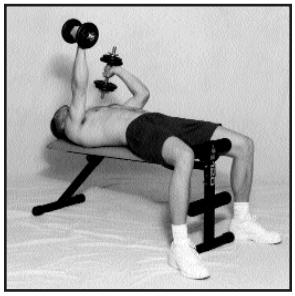
Staying Motivated

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

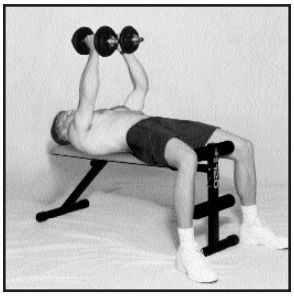
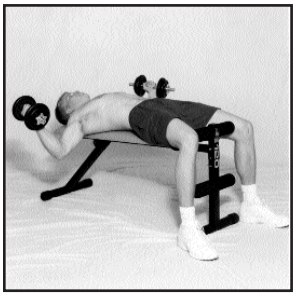
SUGGESTED EXERCISES

These pictures show a variety of exercises that can be performed with your weight bench. Note: Your bench may differ in appearance from the benches shown in the photos.

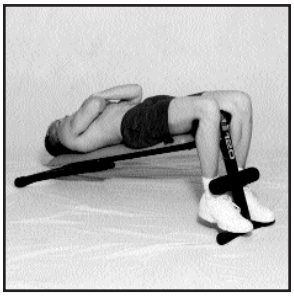
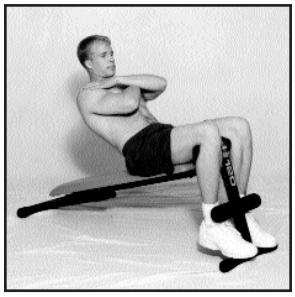
Roman Chair

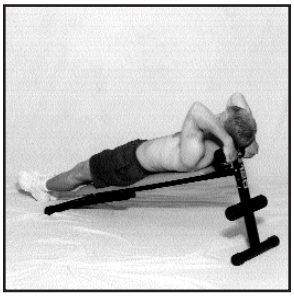
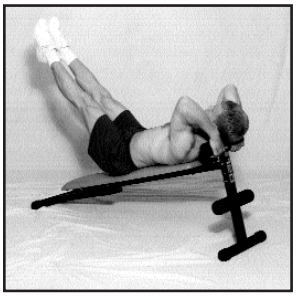
Alternate French Curl

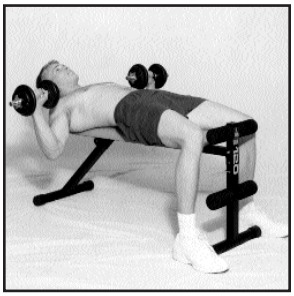
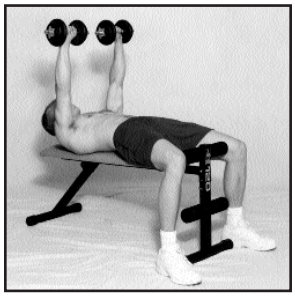
Flyes

Incline Sit-up

Leg Raise

Bench Press

How to Order Replacement Parts

If you encounter any difficulties with this product, or if you need to order replacement parts, call the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK
email: csuk@iconeurope.com

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (WEEVBE70330)
- The NAME OF THE PRODUCT (WEIDER® PRO 125 weight bench)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual)
- The DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING attached in the centre of this manual).

Part No. 197386 R1203A
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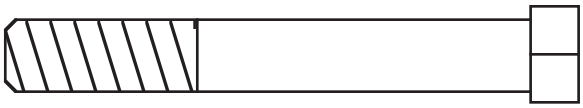
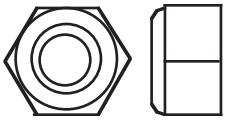
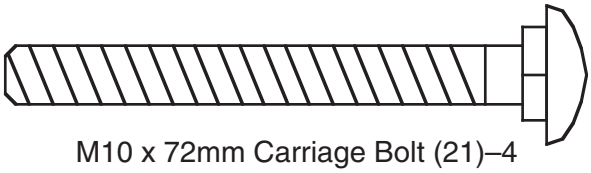
Part Identification Chart—Model No. WEEVBE70330 R1203A



M10 x 70mm Bolt (19)–2

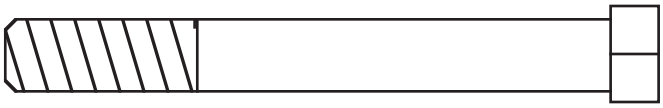


M10 Nylon Locknut (18)–9

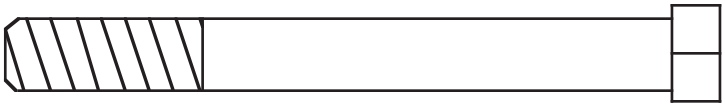


M10 x 72mm Carriage Bolt (21)–4

Bumper Screw (25)–2

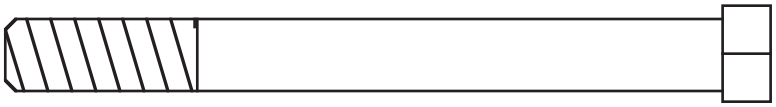


M10 x 80mm Bolt (17)–1



M10 x 88mm Bolt (29)–1

M6 x 16mm Screw (15)–8



M10 x 95mm Bolt (20)–1

Part List—Model No. WEEVBE70330 R1203A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	18	9	M10 Nylon Locknut
2	2	Stabiliser	19	2	M10 x 70mm Bolt
3	4	Plastic Spacer	20	1	M10 x 95mm Bolt
4	1	Backrest Frame	21	4	M10 x 72mm Carriage Bolt
5	1	Seat Frame	22	1	Square Bushing
6	1	Leg	23	1	Adjustment Knob
7	1	Adjustment Leg	24	1	25mm Square Inner Cap
8	1	Backrest	25	2	Bumper Screw
9	1	Seat	26	2	30mm x 25mm Bumper
10	4	60mm Round Endcap	27	1	Support Plate
11	4	Foam Pad	28	1	15mm x 10mm x 67mm Spacer
12	1	Long Pad Tube	29	1	M10 x 88mm Bolt
13	4	19mm Round Inner Cap	30	1	Locking Pin w/Ring
14	3	25mm x 50mm Inner Cap	31	1	Short Pad Tube
15	8	M6 x 16mm Screw	#	1	Exercise Poster
16	1	Locking Pin	#	1	User's Manual
17	1	M10 x 80mm Bolt	#	1	Grease Packet

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. WEEVBE70330

R1203A